

## Personal Health Assessment: The first step to a healthier you!

Good health starts with good information. Making healthy lifestyle changes and choices is easier when you know which health issues you should be focusing on.



The State of Iowa's Administrative Services and Public Health departments encourage you and your spouse to complete a **Personal Health Assessment** between **August 2** and **September 30, 2010**. The **Personal Health Assessment (PHA)** is a voluntary and **confidential** questionnaire that collects information about health habits, health information, and biometric information such as cholesterol, blood pressure and glucose levels, and then assesses your readiness to make healthy changes.

### “Why should I take the PHA?”

In order to take control of your health, you need to know as much as you can about your current status. The PHA is a tool to help you know more about your current health status as well as potential health risks. After taking the PHA, you'll receive a snapshot of your overall health status including risk factors you may have, an explanation of how your current behaviors are impacting your health, and what steps you can take to improve your personal health. You can also use the results of your PHA to start a discussion with your doctor about any health concerns you may have. Based on the results of your PHA, you may want to take advantage of Wellmark's health and wellness resources to set personalized goals and create an action plan specific to your lifestyle to achieve your goals.



### Confidentiality of Your PHA Results

The State of Iowa is committed to protecting your privacy and ensuring confidentiality. The State of Iowa considers compliance with appropriate state and federal laws, such as the Health Insurance Portability and Accountability Act (HIPAA), to be of the utmost importance. No information about your individual health status or responses will be shared with the State of Iowa without your specific authorization as required by law.



All personal health information *is kept confidential* and *will not be shared* with anyone from the State of Iowa. The State only receives the aggregate results of the PHAs so that it can best identify the key health issues for its employees.

### Personal Health Assessment Campaign

The **Personal Health Assessment: The first step to a healthier you!** campaign will run from **August 2** through **September 30, 2010**.

## Eligibility

You and your spouse are eligible to take the PHA if you are enrolled in one of the State-sponsored health insurance plans. Your dependent children, covered under your health insurance plan, are not eligible to take the PHA. Retirees are not eligible to take the PHA.



## Completion of the PHA during Work Time

You cannot take the PHA or obtain the biometric information on work time. You will need to take the PHA and biometric screenings on non-work time (before/after work, or during break and lunch periods).

## Biometric Information

Before completing the PHA, you and your spouse must obtain biometric information.



For the PHA, you will need to know your:

- Height
- Weight
- Blood pressure reading (diastolic and systolic blood pressure)
- Cholesterol reading
- Glucose levels

## Health Screenings

### Visiting Nurse Services of Iowa

During the **Personal Health Assessment: The First Step to a Healthier You** campaign, the State has arranged for **Visiting Nurse Services of Iowa (VNS)** to administer onsite health screenings in a number of locations throughout the state.



The dates, times and locations of these onsite health screenings can be found at the DAS Healthy Opportunities PHA website (<http://employeeewellness.iowa.gov/pha.html>).

At the health screenings, VNS representatives will use a quick finger stick to draw a blood sample to screen for total cholesterol, high density lipoproteins (HDL), low density lipoproteins (LDL), triglycerides and glucose. Measurements will also be taken for blood pressure.

The cost of the onsite health screening is \$22.00.

In addition to the biometric screening, VNS will be able to provide additional blood profile screenings at the on-site locations. A list of these additional screenings and their costs is available at the DAS Healthy Opportunities PHA website (<http://employeeewellness.iowa.gov/pha.html>). VNS will mail the results of any additional screenings to you at your home approximately one week after the screening. These results will not be available at the time of testing.

Finally, **Stroke Detection Plus** will be in the Hoover Building on Thursday, **August 5** and in the Lucas Building on Tuesday, **August 10**. These screenings are being conducted in conjunction with the health screenings that VNS of Iowa is conducting. The phone number for employees to call to schedule an appointment with Stroke Detection Plus is 1-877-732-8258.

You can submit the health screening fees to your health flexible spending account (FSA).

To schedule your screening at the onsite locations, contact the site coordinator. The onsite coordinators can be found at the DAS Healthy Opportunities PHA website (<http://employeeewellness.iowa.gov/pha.html>).

### Your Health Care Provider

Finally, if you or your spouse have received a physical within the last 12 months and you have the biometric information required for the PHA, you do not need to (but are welcome to) participate in one of the scheduled health screenings.

#### *Prepare for your health screening*

- Fast for eight hours before your screening; no food or beverages other than water.
- Drink plenty of water.
- Continue taking any medications as prescribed the day of the screening.
- If you are pregnant or have diabetes or other medical issues, check with your doctor before fasting.
- Arrive five minutes before your scheduled screening time to register. Bring a copy (front and back) of your Wellmark insurance card.
- Allow about 20 minutes for the screening.
- A blood sample is collected.
- Remember to take a copy of your biometric lab results that you receive at the health screening to complete your online PHA.

## Personal Health Assessment



After you receive your lab results at the onsite health screening or from your physician, you are able to complete your PHA at [www.wellmark.com](http://www.wellmark.com).

**Completing your PHA takes about 20 minutes.** If you are unable to complete the PHA in its entirety, the information you have entered will be saved when you close the program, allowing you to complete it later. In order to get the most accurate health risk assessment, it is essential that you get your biometric information before you complete the PHA.

For questions on how to complete a Personal Health Assessment, call Wellmark's Wellness Help Desk at 1-877-252-8412, 8:30 a.m. to 8:30 p.m., Central Time, Monday – Friday, and 9 a.m. to 5:30 p.m., Central Time, Saturday.

**Your answers to the PHA are considered “personal health information,” which is protected by patient confidentiality laws.**

The information you provide in your assessment and your individual results:

- **WILL NOT** be shared with your physician.
- **WILL NOT** be used to increase your premiums or deny coverage.
- **WILL NOT** be shared with the State of Iowa.

You can take the PHA once every 12 months.

### Steps to complete the online PHA at [www.wellmark.com](http://www.wellmark.com)

- **Step 1** - Visit [www.wellmark.com](http://www.wellmark.com). Select *Member* from the *Register Now* drop-down menu. (Note: If you already have a user ID and password, log in and skip to Step 6.)
- **Step 2** - Select *Continue*.
- **Step 3** - Complete the registration form and select *OK*. (You will need your Wellmark insurance card and a personal e-mail address. You will also be asked to create a user ID and password during registration.)
- **Step 4** - You will see a summary of the information you submitted on the registration form. Select *OK* to proceed, or *Change* to edit the information.
- **Step 5** - Select *Log in now to access your tools* on the registration confirmation page and enter the user ID and password you created in step 3.
- **Step 6** - Select *Personal Health Assessment* from the bottom left-hand box.
- **Step 7** - Select *Complete My Personal Health Assessment*.
- **Step 8** - Select *Complete My Assessment*. Once you complete step 8, you will then begin your Personal Health Assessment.

For help registering at [www.wellmark.com](http://www.wellmark.com) or logging in, contact EC Solutions Assistance Center (Wellmark technical help desk) at 1-800-407-0267 from 7:00 a.m. to 5:30 p.m., Central Time, Monday – Friday.

## Review Your PHA Results

### “What kind of information do I get from completing the PHA?”

After you take the Personal Health Assessment, an e-mail will notify you when your personalized report is available to access. Your confidential report includes information about:

- Your current health status
- Your potential health risks
- How your current behaviors are impacting your health
- What you can do to improve your health



If you have questions about your Personal Health Assessment, lab results, or other health concerns, call Personal Health Assistant 24/7 at 1-800-724-9122 where a specially trained health professional can help you understand what your lab results mean and recommend next steps.

To help you build healthier habits, many health and wellness resources are available at [www.wellmark.com](http://www.wellmark.com).

You can get help from your doctor by using the results of your PHA to start a discussion about any health concerns you may have.

## Healthy Opportunities

Through our *Healthy Opportunities* wellness program, the State of Iowa offers many health and wellness services at no cost to you so you can achieve your health goals. They include:

- **Personal Health Assistant 24/7** – around-the-clock telephonic health care phone support service for you and your family. Call 1-800-724-9122 to receive answers to your health-related questions.
- **Online Health Improvement Programs – Web-based tools designed to help you improve your health**, including interactive programs related to stress management, weight management, smoking cessation and more. Visit [www.wellmark.com](http://www.wellmark.com) or call 1-800-724-9122 for more information.

- **QuitNet® Health Coaching** – Web-based program to help you break your tobacco addiction.
- **Chronic Condition Management** – One-on-one telephonic support is available for members with chronic conditions such as asthma, chronic obstructive pulmonary disease (COPD), congestive heart failure, coronary artery disease and diabetes. Support is also available for individuals who have been diagnosed with certain types of cancer.
- **Employee Assistance Program** – Find solutions for the everyday challenges of work and home as well as for more serious emotional health issues. Contact the Employee and Family Resources at 1-800-327-4692 or [www.efr.org/workplace/eap/youreap](http://www.efr.org/workplace/eap/youreap).

## Additional Information

If you have questions, there are a number of resources available.

Additional information about PHA can be found at the DAS Healthy Opportunities PHA website (<http://employeehealth.iowa.gov/pha.html>).

There are four **Healthy Opportunities PHA Education** sessions scheduled on the Capitol Complex the first week of August. The scheduled dates, times and locations are:

August 2	11:30 – 12:30	Lucas Building, Rooms 517 & 518
August 3	11:30 – 12:30	Wallace Building, Auditorium
August 4	11:30 – 12:30	Hoover Building, Level A, Classroom 5
August 5	11:30 – 12:30	Grimes Building, ICN Room, 2 <sup>nd</sup> Floor

A webcast, “Personal Health Assessment: The First Step to a Healthier You” is scheduled for August 18 from 9:00 a.m. – 10:00 a.m. You can register for the webcast at <https://iahrwebinar.ilinc.com/perl/ilinc/lms/event.pl>.

